

# DILL

## QUICK INFO

- Dill is an annual herb in the celery family.
- It is easily grown from seed.
- Fresh and dried leaves and seeds of the dill plant are all used for culinary purposes.
- Dill is native to southern Russia, western Asia and the eastern Mediterranean.

## COOKING TIPS

- Dill is excellent with seafood and fish dishes and in salads, particularly as a flavoring on potato salad.
- When not using in cold dishes, it is best to add dill at the end of cooking to maintain flavor.

## OTHER USES

- Dill leaves have a lovely shape and can be added to flower arrangements as greenery.

## STORAGE AND PRESERVATION

- Dill will stay fresh for at least two to three days in the refrigerator stored in a plastic bag or container.
- Dill can also be frozen and used in cooked dishes.
- Dill leaves can be dried by spreading them on a cloth or tray and leaving them in a dark, warm place for a few days.
- Dried dill leaves and seeds will retain aroma and flavor if stored in an airtight container for a year.

## GROWING TIPS

- Dill is best grown in a sheltered, sunny area with well-drained soil.
- Dill plant taproots are fragile, so they are better grown from seed than transplants.
- Because dill plants produce seedheads, sow new seeds every three weeks throughout the season.
- Keep the area around dill weed free.
- To avoid cross-pollination, avoid planting dill near fennel.

## QUICK & EASY RECIPE

- **Cucumber salad with vinegar (fresh leaves):** Thinly slice one cucumber into rounds; thinly slice one onion in half moon shapes; layer these in a bowl; mix 2 tablespoons chopped, fresh dill leaves, ½ cup white or infused vinegar, 1 to 2 tablespoons sugar, 1 teaspoon salt and ground pepper to taste; pour dressing over vegetables evenly to cover; refrigerate at least one hour and enjoy! Will store in the refrigerator up to seven days.
- **Yogurt dill sauce (fresh and dried leaves):** Mix 1 cup full fat plain Greek yogurt; 2 tablespoons chopped fresh dill, 1 tablespoon lemon juice, 1 tablespoon extra-virgin olive oil, ¼ teaspoon garlic powder, ¼ teaspoon dried dill, ¼ teaspoon salt and 1 tablespoon water (or more to achieve drizzling consistency). Use as a dip or drizzle for fresh or roasted vegetables or crackers. Will store in the refrigerator up to two weeks.

